**2021 Heart of Kansas Camp Counselor Training**

Time Activity Location

**DAY 1 - Sunday, June 20**

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|  | **PLEASE EAT BEFORE DEPARTING FOR CAMP** |  |
| 12:00 PM | Load Russell County Camp Counselors | 4-H Extension Office in Russell |
| 12:15 PM | Depart for Ellsworth County  |  |
| 1:00 PM | Load Ellsworth County Camp Counselors | Court House in Ellsworth |
| 1:15 PM | Depart for Rock Springs 4-H Center |  |
| 2:45 PM | Arrive at Rock Springs | Leadership Lodge\* |
| 3:00 PM | Mixers & Name Games | Riley Wallace, Great Plains Rm |
| 3:15 PM  | Welcome & Match up Counselors |  |
| 3:30 PM | Living Group Ice Breakers |  |
| 3:45 PM | Code of Conduct Reminder |  |
| 3:50 PM | True Colors Activity: *University of Kentucky* |  |
| 4:20 PM | Why Camp? Camp is for Campers & COVID19 |  |
| 4:30 PM | Perfect Cabin Leader: Counselor Goals |  |
| 5:00 PM | Camp Mission Statement: Hope for my campers |  |
| 5:30 PM | Ages and Stages |  |
| 6:00 PM | Supper | Williams Dining Hall |
| 7:00 PM | Leadership Adventure Course/ Ropes | LAC Course or Activity Field |
| 8:00 PM | Break |  |
| 8:10 PM | RSR Update | Riley Wallace, Great Plains Rm |
| 8:25 PM | Tier Planning: Campfire |  |
| 9:10 PM | Evening Wrap Up |  |
|  | Address any questions or concerns |  |
| 9:30 PM | Campfire Committee Share & S’mores | Coffman Council Circle |
|  | Pick up your Camp Shirt from Housing Lobby | Leadership Lodge/Bankers |
| 11:00 PM | Lights Out |  |

DAY 2 - Monday, June 21

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| 7:45 AM | Luggage Loaded |  |
| 8:00 AM | Breakfast | Williams Dining Hall |
| 9:00 AM | Patriotism Session & Sign Up | Flag Pole Plaza |
| 9:20 AM | Counselor Photo – Water Wheel | Simons Family Spring Plaza |
| 9:30 AM | Overview of a Day at Camp |  |
| 10:00 AM | Risk Management  Kansas 4-H Presentation – Counselor issues & duties (co-counselor get along) and PDA Behaviors- Homesick, Mental Health | Riley Wallace, Great Plains Rm |
|  | Challenging Behaviors, Bullying | Riley Wallace, Patio |
|  | Additional Transitions/ Time Fillers | Collegiate 4-H Shelter |
| 11:00 AM | Evening Activity Planning |  |
|  | Line Dance | Riley Wallace, Great Plains Rm |
|  | Something Special – Cardboard box float | Riley Wallace, Patio |
|  | Noodle Games | Riley Wallace, Lawn |
| 12:00 PM | Lunch | Williams Dining Hall |
| 1:00 PM | Nurse Overview & First Aid Kits | Riley Wallace, Great Plains Rm |
| 1:30 PM | Scavenger Hunt |  |
| 2:30 PM | Break & Scavenger Hunt Results | Riley Wallace, Great Plains Rm |
| 2:45 PM | Name Tags, Shirts, any RSR Merch |  |
| 3:15 PM | Counselor Behavior Reminder |  |
| 3:30 PM | Move into Cabins |  |

**Drop Off**

**Thursday, June 24**

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| 10:00 AM | Bus driver arrives at Rock Springs to meet agents & load luggage on busses |
| 11:45 AM | Eat sack lunches at Camp before departing |
| 12:15 PM | Depart from Rock Springs 4-H Center |
| 1:45 PM | Arrive at Krizek Park to drop off Ellsworth County 4-H’ers |
| 2:45 PM | Arrive at Russell McDonald’s to drop off Russell County 4-H’ers |